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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
AUGUST 7, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day —	Two to four times a week —
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean Meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

WEIGHT, HEALTH, AND DIET

Weight is usually an indication of the state of health. People who weigh decidedly more or decidedly less than the average for their height and age, says the Bureau of Home Economics of the U. S. Department of Agriculture, should satisfy themselves that they are in best health as they are, or else do something to correct both health and weight. But they should not make any mistake in what they do about this. Unless the doctor has some special orders to fit the individual case, the right thing for both the overweight person and the underweight is to regulate the diet. And that means balance the amount of energy-giving foods they eat with the energy they expend.

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To do this does not mean cutting out particular kinds of food in order to reduce, or adding certain kinds to gain weight. It means eating less of certain kinds if you are reducing. Or it means eating more of those, and perhaps of all kinds, if you want to increase your weight. In either case you should not -- and to correct your weight you need not -- stop eating any of the different classes of food that furnish the materials of a well-rounded diet. You should go on using milk and cheese, vegetables and fruits, bread and cereals, meat, fish, poultry or eggs, and even some fat and sugar. It takes all those different kinds of food to supply the proteins, minerals, and vitamins necessary for good health, and the calories or energy units required to keep the body actively on its job.

But keep a check on the calories, for it is important not only to make sure of enough, but to stop short of too many. Your body needs only what it can use properly. The surplus usually goes to fat.

Don't worry about your weight, however, say the nutritionists, unless you are more than 5 percent above or below the average for your height and age, as worked out by the insurance companies. Variation less than that may be accounted for by body build, for big-boned people naturally weigh more than small-boned people of the same height. But when the scales run more than 5 percent off the average, the time has come to do something, and probably it is something about your diet.

If you find you should correct your diet, weigh yourself every day to see what is happening, as you go along, but don't try to gain or lose too rapidly. One or two pounds a week is enough. And above all, don't take anything to reduce. Much illness is caused that way. You can reduce safely if you content yourself with fewer and smaller servings of fats and sweets and starchy foods. If you are underweight, reverse these directions and eat more, especially of the fat-producing foods.

Here are points to keep in mind about the different kinds of food when correcting your weight:

Milk plays an important role in both the reducing and the fattening diet. Don't get the idea that you cannot use milk and reduce. You can't afford not to use it in some form. Just keep the calories low by drinking skim milk and buttermilk, eating cottage cheese, and using very little cream and butter.

For a fattening diet, help yourself liberally to whole milk, use plenty of butter, cream and whole-milk cheese. Drink afternoon or bed-time "milk shakes" with egg or fruit juice, and use things cooked in milk or served with cream sauce.

Bread and cereals, whether white or dark, are among the high-calorie foods. So it is a question of the quantity you use. Use cold or hot breads as you like, but use hot breads carefully if you are reducing, for they tempt you to use too much butter. To keep down the calories in your breakfast cereal, use it with milk.

For a fattening diet, use more bread, more biscuits or muffins at a meal, with butter. And use cereal with cream and sugar.

Vegetables and fruits are important for their food value, no matter whether you want to reduce or to gain. But you choose them according to their calorie value, and you regulate the size of the servings. That is to say, if you are reducing, you lean heavily on the low-calorie vegetables and fruits, such as cabbage, squash, leafy greens of all kinds, melons and the juicy fruits. If you want to gain weight, eat more of the high-calorie vegetables and fruits, such as potatoes, sweetpotatoes, beans, peas, avocados, bananas, olives, prunes, figs, and raisins.

Remember, however, that all vegetables and fruits can be fattening if served with rich sauce.

Nuts are a concentrated food, rich in fat and protein. If you are reducing do not use them if you have meat, fish, eggs, or cheese, that day. For a fattening diet, add nuts to your meal, unless they overtax your digestive system.

Fats and sweets of all kinds, if you are reducing, must be kept down to a minimum. Pure fats yield $2\frac{1}{4}$ times as many calories as sugar or starch. If you are too fat, go light on butter, cream, salad dressings, and meat drippings, on fruits containing a good deal of fat, like olives and avocado pears, and dishes prepared with fat, such as pastry and rich gravies. A little butter and cream, however, are allowed even in a reducing diet, because they are valuable sources of vitamin A.

Sugar and all other sweets are fattening. For dessert, if reducing, depend on fruits, lightly sweetened if at all. Most prepared desserts contain too much sugar, and often too much fat also, to be suitable for the person who wants to lose weight.

On the other hand, to gain weight, season liberally with fats, and sugar; enjoy rich gravies and desserts, and add a little jelly or marmalade, plenty of salad dressing, and some candy and nuts now and then to a diet already well-balance

Meat, fish, poultry, and eggs furnish most of our protein requirement, but this is partly met by milk and cheese, and by proteins in cereals in some vegetables, and in nuts. If reducing, use only a small serving each day of strictly lean meat, or lean fish such as cod and halibut, or oysters raw or stewed with milk. Avoid gravies, and butter sauces.

For a fattening diet, include the fatter meats such as fresh pork, ham, and bacon; season with their drippings; use the leaner meats and poultry with their fat; and eat fat fish such as salmon, sardines, herring, and mackerel.

Soups are not fattening unless made with whole milk or enriched with fat. Meat broth, vegetable soup made with meat stock, though bulky and filling, are comparatively low in calories.

Coffee and tea do not count for calories, unless taken with sugar or cream. Other beverages count according to the calorie value of their ingredients--sugar, milk, cream, eggs, etc.

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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
AUGUST 14, 1935, (WEDNESDAY)

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal---Milk for children, bread for all

Every day --

Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry
or cheese

ICE CREAMS AND MOUSSES

With Americans, ice cream is a national habit -- such a habit that even staple foods are not much easier to come by than this one-time luxury. Last year the people of this country bought nearly 250 million gallons of ice cream and in more prosperous days they bought more than 365 million gallons. At the same time family freezers and home refrigerators were turning out many million gallons more for the family table.

No one should find fault with the ice cream habit, says the Bureau of Home Economics of the U. S. Department of Agriculture. It is one way of using some of the milk we need. Made of cream and milk, ice cream is a nutritious, wholesome, and easily digestible food. In general ice cream is a safe food, too, for most

of it is manufactured under State or city regulations and inspected by health authorities.

Ice creams and ices started as luxury foods. For centuries kings and queens and emperors--yes, and presidents' wives-- have served them. Louis XIV had them made in fancy shapes and colors, much as we see them at their elegant best today. There were "cream ices", some say, on Martha Washington's table, and certainly on Dolly Madison's. But in those times such frozen delicacies were only for state occasions and the fortunate few.

Then, so the story goes, an American woman, Mrs. Nancy Johnson, invented the ice cream freezer. And along in the 1850's Jacob Fussell, a milk dealer in Baltimore who had surplus cream on his hands, started the wholesale manufacture of ice cream.

Ice cream is food for great and small, rich and poor. It can be purchased in every restaurant, hotel or tea room, at confectioners, at drug stores, cigar stores, and the five-and-tens. Every town and hamlet offers it, and often the cross roads store. The urchin can buy his ice cream cone from push carts in the city streets. Or for a penny or two he can buy a frozen lolly-pop and eat it from the stick.

Ice cream is of different grades and qualities, depending upon what goes into the "mix" and upon the method of freezing and care in handling. Manufacturers generally use cream plus other milk solids in the form of whole milk, or skim milk, or evaporated, condensed, or dried milk. To this mixture of cream and milk is added sugar and flavoring and usually a very little gelatin for texture. The proportions of milk and cream in the mixture vary, but every State has a law requiring a minimum percentage of butterfat in ice creams sold as such, and those requirements range in the different States from 8 to 14 percent butterfat. Nearly half the States require also a certain percentage of milk solids other than fat--at least 18 to 20 percent--and still other States require 30 to 35 percent.

of solids, butterfat included. Nine States have bacteriological standards. Such standards are desirable if the conscientious manufacturer as well as the consumer is to be protected. Certain States and municipalities require that ice cream mixes, along with other milk products, be pasteurized.

The texture of ice cream depends upon the size of the ice crystals in it. Cream and milk, even at their richest, contain a good deal of water, and ice cream is made by freezing that water, which forms little ice crystals all through the mixture. But to make ice cream smooth, the crystals must be kept very small, and this is done by constantly interfering with them as they form. The sugar interferes some, and so do the particles of fat and other milk solids, as well as the gelatin when that is used. But the principal interference comes from the dasher in the freezer, as it whips air into the mixture and at the same time cuts off the little crystals at each turn. As the freezing process goes on, the mixture expands, becomes lighter and softer, and the crystals become smaller and smaller, until the frozen cream is so smooth the crystals can scarcely be detected.

"Overrun" is the manufacturer's term for the expansion due to air beaten into the cream by the dasher. Air is necessary. A solid block of ice would result from freezing the mixture without whipping air into it. But in commercial ice cream the overrun or expansion ranges from 40 to 100 percent, occasionally to 130 percent. The significance of this appears in the weight of the ice cream. A gallon with a 40 percent overrun weighs almost 2 pounds more than a gallon with 100 percent overrun, and the heavier gallon is to that extent richer ice cream. With 100 percent overrun, ice cream is 50 percent air--and costs the manufacturer less than if there were more cream. The Bureau of Dairy Industry is now working on overrun problems which may lead to the improvement of these products. Meantime the best the customer can do is to compare the weights of different ice creams he buys and find out which gives the most and the best for his money.

Home-made ice creams can of course be varied in dozens of ways, according to what is on hand in the way of "makings," and according to the family taste.

For plain vanilla ice cream, says the Bureau of Home Economics, a good mixture to put in a freezer is a quart of cream, 2/3 cup of sugar, 1 1/2 teaspoons of vanilla, and a pinch of salt. This can be made richer by substituting a cup of heavy cream for one of light cream. Or it can be made less rich with a pint of cream and a pint of milk. Evaporated, condensed, and dried milk are used in a variety of good creams, and are cheaper than fresh cream. For milk sherbets only milk with sugar and flavoring are needed. Sherbets freeze in coarser crystals than ice cream.

In freezing best results are obtained when 1 part of salt is used to 4 to 6 parts of ice, and the crank turned slowly.

Ice creams can be made without freezer and without stirring, if the cream is whipped beforehand, to beat in the necessary air. The product then is called mousse, which has a loose, flaky texture, different from true ice cream, but very pleasing. For mousse whipping cream is needed, which, if it seems too rich and cloying, may be diluted with beaten white of eggs and maybe a little gelatin which has been dissolved in water. Mousse can be made of just the whipping cream, sweetened and flavored. Left in the ice-making compartment of a mechanical refrigerator, it will be ready to serve within two or three hours, depending upon the temperature of the refrigerator.

Mousse can be frozen without a mechanical refrigerator, if the mixture when whipped is put into a tightly closed can or a well-sealed mold and buried in a bucket or a big pan of ice and salt, about 3 parts of crushed ice to 1 of salt, until frozen.

Plain mousse can be varied, of course, with fruit juice or crushed fruit for flavoring, or by serving with sauce. Suggestions about this and other frozen desserts are published in Bureau of Home Economics Leaflet No. 49, "Ice Creams Frozen Without Stirring," which can be had for 5 cents a copy from the Superintendent of Documents, Washington, D.C.

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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

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THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --
Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --
Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry
or cheese

FOOD FOR "OLD" PEOPLE

"What is the right food for old people?" This is a question that comes many times to the Bureau of Home Economics in the U. S. Department of Agriculture. Housewives ask it because of the elders in their families. Institution managers ask it. "Old" people themselves ask it.

But what do we mean by "old" people"? The answer depends upon that, says the Bureau. Nobody needs a special diet merely because he has lived a certain number of years. Some people at 80 are actually younger, physically, than others at 60 or even at 40. People who are really old are those whose bodies are no longer so strong or active as they were, people who with their years have become worn, infirm, disabled, or sick. For people in middle life or later who are merely

not so active as they were the answer may be different.

People who are really, physiologically old, unless they are on a special diet prescribed by a doctor, should have meals planned with reference to the general slowing down of their internal processes, and also to meet any difficulties they may have in chewing or digesting. Because they are inactive, such people need less food, particularly less of the high-calorie foods, than active people need. They probably need only a half to two-thirds as many calories as they required in their most active years. Their food should be simple, simply prepared, easily digestible, and well-balanced -- that is, it should include all the different classes of food that everybody needs. The chief problem is to provide the necessary variety of foods, with texture and form suitable to elderly people.

For the person who is truly old and unable to assimilate as much as he once could, or to chew all of the foods he once could enjoy, the Bureau has these suggestions:

Use fruit juices rather than the fruit itself; stewed fruits rather than raw ones. Citrus fruits, however -- oranges and grapefruit -- may be used raw.

Milk, soups, purees, and broth are good. Milk, in fact, is very important in this kind of diet, because it contains so many food values in easily digestible form. Milk fat and milk protein, especially, are more easily digested than any other fat or protein.

For protein foods, broiled ground beef, chicken, lamb, flaked fish, oysters, soft-cooked eggs, cottage cheese; cheese souffle or cheese fondu, where the cheddar cheese is finely divided and mixed with other foods that are readily digested. One average serving of protein food per day is usually enough.

Vegetables are a more difficult question. With their texture in mind, the Bureau recommends potatoes and sweetpotatoes, baked, boiled or mashed; fresh snap

beans, fresh limas and fresh peas, preferably sieved; spinach, finely chopped; cauliflower; squash (no seeds); carrots, cooked or grated raw; corn pudding if the corn is scraped and no skin of the grains included. Tomato juice rather than tomatoes unless the seeds and skins are strained out.

Vegetables that are hard to masticate, such as cabbage, turnip tops, collards, and stalks of celery, should be chopped fine. Older people also find grains of corn are hard to digest, whether on or off the cob, cooked or canned.

For desserts, use custards, rice puddings, junket, gelatins, stewed, canned, or baked fruit, but not pastry or rich cakes. Cream and sugar or top milk and sugar are allowable with puddings, however. Ice cream is good, and simple candies sometimes, unless they cause obvious trouble.

As for breads, all kinds are allowable unless they cause discomfort, as may happen if they are not well chewed. Toast and zwiebach are good because the starch is partly turned to dextrin, which is easier to digest than starch.

Coffee, tea, malted milk, and cocoa, are all allowable and usually very welcome. Coffee and tea with sugar and cream or milk if desired.

Rich gravies and sauces put too much of a burden on a weak digestive system, and high seasonings and condiments of all sorts are too irritating.

A good rule for comfort in the declining years is to eat oftener, and eat less at a time. A glass of milk and a cracker on waking early in the morning -- a cup of tea or coffee or broth in the afternoon, and hot milk at bedtime. These in addition to three meals, help to keep up the energy during the day and make for better sleep at night.

Those are suggestions for people whose years have brought some degree of infirmity. There is another class of people whose diet needs adjusting with their years, though maybe not because of the years. The need for adjustment may be due,

rather, to their habits. These are the people of middle life or later who use less physical energy than they once did, but who keep on eating just as much energy-giving food.

The man of ordinary weight and activity in his best years needs foods that will supply probably 3000 to 3500 calories a day. The ordinarily active woman needs on an average 2500 to 3000 calories. But that same man or woman, when less active, does not use as many calories as before. Surplus calories in the food in such cases are likely to go to fat, and so we see many people in their "forties" and "fifties" and "sixties" beginning to take on weight.

This does not mean they should have a special diet, or stop eating any particular kind of food. On the contrary, the body, at any age, active or inactive, needs a well-rounded diet, including not only vegetables and fruits, milk, meats, fish, poultry or eggs, but also the high calorie foods -- bread and cereals, fats and sugars. But anybody who is gaining more weight than is right for his height and age should undoubtedly eat less of high-calorie foods. The underweight, of course, should increase the quantity of food he eats, especially fats, sugars, and starchy foods. The rules of diet for such cases are the same as for other adults who need to correct their weight.

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THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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CANNING TOMATOES AND TOMATO JUICE

The big tomato-canning season is now on -- and it is one of the biggest ever, for there is a record tomato crop this year. In Maryland, Virginia, New Jersey, Indiana, and other Middle Northern States, growers are picking and canneries are packing tomatoes as fast as they can. The big canning crops, outside of California, are grown in these sections of the country, and will be ripening from now until frost comes.

Home canners, of course, are busy too, except in the "early" tomato States where they may have finished the job. Those early tomatoes -- the big "truck crop" shipped from Florida, California, Texas, Mississippi and other "early" States for table use in winter, spring and early summer, are too expensive for canning

except in the regions where they are grown. Moreover, they are picked green for shipment, and the best tomatoes for canning are those that have ripened on the vine. The home-canner, wherever she lives, waits for the ripe home-grown tomatoes, which are cheaper as well as better for canning.

Tomatoes are a big item in every well-planned family canning budget. Most people like them. Tomatoes are so different from other vegetables that they add variety to any meal. They are useful to the meal-planner also because they fit into almost any part of a meal--in cocktail, soup, main dish, or salad, or in "trimmings" such as sauce, preserves, pickles or relishes.

Tomatoes fill an unusual place in a balanced diet, the Bureau of Home Economics of the U. S. Department of Agriculture emphasizes. Better than most other vegetables, they retain their original food values when cooked or canned, so that in almost any form they are depended on as one of the chief "protective" foods. They contain several of the vitamins, and are one of the best sources of the elusive vitamin C, which in many other foods is destroyed by cooking.

Of all the vegetables, tomatoes are the easiest to can. To put up a good winter's supply no expensive canning utensils are needed, and the method is the same as for berries, peaches, or other fruits. Tomatoes can be packed either hot or cold, in glass or tin, and then "processed" in boiling water. The purpose of this final heating or "processing," is to destroy bacteria, molds, or other organisms in the food that might cause spoilage. Processing at boiling temperature is enough to keep canned tomatoes and fruits from spoiling (though not enough for corn or beans or other non-acid vegetables).

Directions For Canning Tomatoes.

Select firm, ripe tomatoes of medium size and uniform shape, free from spots and decay. Put into trays or shallow layers in wire baskets and dip in boiling water for about a minute, according to ripeness. Remove and plunge quickly into cold water for an instant. Drain and core and peel promptly.

For a hot pack, which is the quickest way to can foods and the surest--cut the tomatoes in quarters, heat just to boiling, and pack hot. Seal the jars or cans, and put them on a rack in a boiling water bath, in a wash boiler or some big deep kettle that will hold water to cover them. Place them far enough apart on the rack to allow the water to circulate freely under and around them, and see that the level of the water comes over the tops. "Process" the filled jars or cans--that is, leave them in the boiling water--for 5 minutes, counting time as soon as the water begins to boil vigorously.

Another method, often called the cold-pack, takes more time, but for some purposes is preferred. For this, use the tomatoes whole, do not heat them after peeling, but pack them at once into the jars or cans as closely as possible. Fill up the spaces with the juice of other tomatoes and season with 1 teaspoon of salt per quart. The cold pack does not give a whole tomato suitable for salad, as some home canners have found to their disappointment, but it does give a more attractive product than the other method gives.

Cold-pack tomatoes, however, must be handled differently in processing, for they have not so far, been heated through. If they are packed in glass jars, do not seal them entirely before they go into the boiling water-bath, but "exhaust" them first; that is, drive air out of the jars by heating them partly sealed. If they are in glass jars with screw-top, screw the cap down evenly until it catches hold of the rubber ring. With wire-clamp glass-top jars, put the cap on the rubber and raise the upper clamp in position to hold the lid in place, but leave the lower clamp loose. On the automatic, or self-sealing jar, fasten the cap with the metal spring or clamp, if that is the kind of self-sealer you are using, or screw on the band, as the case may be.

Then put these partially-sealed glass jars in the boiling water, just as for the hot-pack, but leave them in for a longer time, because the cold-pack tomatoes have not been heated enough to sterilize them. For quart and pint glass jars the "processing" time is 45 minutes in boiling water. Then take them out of the water, finish sealing them, and let them cool--but be sure they are out of a draft, or the glass may break.

Cold-pack tomatoes in tin cans (No.2 or No.3 open-top cans are the usual home kind and size), should be "exhausted" before the top goes on. For this purpose an extra water or steam bath is necessary, and the cans, filled but without their tops, should be set in boiling water which comes to within $1\frac{1}{2}$ to 2 inches of the open edge. The whole bath should be tightly covered, to hold in the steam, and the cans should be left in for 5 to 7 minutes, so the steam can drive air out of the cans. Then put the lids on, seal the cans, and "process" them in boiling water for 35 minutes. Cool them by plunging into cold water.

Directions For Canning Tomato Juice

Use fully ripe, firm tomatoes, freshly picked from the vines if possible, and with no spots or other defects. Green parts make the juice bitter, and moldy or decayed parts ruin the flavor and make the juice spoil.

Work with rather small quantities--say a peck of tomatoes at a time, and work fast. If the juice stands, either hot or cold, it loses flavor and also loses vitamin value.

Wash the tomatoes, core them and cut them into small pieces. Peeling is not necessary but improves the flavor of the juice. Simmer (do not boil) until soft. Then put the softened, hot tomatoes through a fine sieve at once. Salt the juice if desired, but for babies or invalids unseasoned juice is better. In any case, 1/2 to 1 teaspoon of salt to the quart of juice is enough.

To pack in glass, the safe way is to heat the juice quickly just to boiling, if there is no thermometer handy. Heating to 190 degrees Fahrenheit is really enough, but it is necessary to have a thermometer to be sure. Don't let it cook for an instant longer than necessary. Then pour the hot juice into hot sterilized jars or bottles, fill them up right to the top, and seal at once. No processing is necessary for tomato juice put up this way in glass. Set the hot jars or bottles aside to cool, out of drafts.

With tin cans, the method is a little different. Heat the tomato juice just to the simmering point. Stop it before it comes to the boil. Pour the hot juice into the tin cans until they are full, seal them, and put them immediately in a boiling water bath. Keep them there 5 minutes counting time when the water actually boils, not before. After this processing, cool the tin cans of juice at once in running water.

Store tomato juice in a cool place, and if it is in glass jars, put these in a dark cool place, for light has a bad effect on color and flavor of tomato juice.

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